1	CLAIM LISTING
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3	1. (Currently amended) A workflow project management system, comprising:
4	a form route manager for receiving and sending email according to a route, the
5	route comprising a step-by-step sequence of email addresses, and communicating with
6	a project management system, wherein the form route manager includes:
7	an in-box adapted to receive email;
8	a first sequencer adapted to as follows:
9	compare a step field of the email with the route,
10	define the next email address based on the compare,
11	update the email address to the next email address,
12	update the step field to the next step; and
13	an out-box adapted to send email to the next email address, wherein the project
14	management system sends a message at a project segment to the form route manager
15	to initiate workflow on the route.
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17	2. (Currently amended) A workflow project management system, comprising:
18	a form route manager for receiving and sending email according to a route, the
19	route comprising a step-by-step sequence of email addresses, and communicating with
20	a project management system, wherein the form route manager includes:
21	an in-box adapted to receive email;
22	a first sequencer adapted to as follows:
23	compare a step field of the email with the route,
24	define the next email address based on the compare,
25	update the email address to the next email address,
26	update the step field to the next step; and
27	an out-box adapted to send email to the next email address, and wherein the form route
28	manager sends a message to the project management system at a project segment.
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30	3. (Original) The workflow project management system of claim 1 or 2, wherein
_ •	the message includes the time the message was sent.

4. (Original) The workflow project management system of claim 1 or 2, wherein the message contains a segment identifier. 5. (Original) The workflow project management system of claim 1 or 2, wherein a workflow route is associated with a project segment. 6. (Original) The workflow project management system of claim 2, wherein the project management system calculates the project schedule based on the message. 7. (Original) The workflow project management system of claim 1 or 2, wherein the message is an email message.

- 8. (Original) The workflow project management system of claim 1 or 2, wherein a workflow is initiated when a project segment is initiated or completed.
- 9. (Currently amended) A workflow project management system comprising a workflow system including a form route manager for receiving and sending email according to a route, the route comprising a step-by-step sequence of email addresses, comparing a step field of the email with the route to determine if the email is at the last step in the route, and if so, deleting the email, and if not, setting the step field in the email to the next step in the route and the email address to the email address of the next step in the route, and communicating with a calendar system containing a list of events, and wherein the list of events is initiated at a time set in the calendar system.
- 10. (Currently amended) The workflow project management system of claim 9, wherein the workflow system form route manager sends a message to set or change or delete a time in the calendar system.

11. (Currently amended) A workflow project management system, comprising a workflow system, including 2 3 a project management system; and a form route manager containing a route, the route comprising a step-by-step 4 sequence of email addresses, comparing a step field of the email with the route to 5 determine if the email is at the last step in the route, and if so, deleting the email, and if 6 not, setting the step field in the email to the next step in the route and the email address 7 to the email address of the next step in the route, and communicating with a project 8 management system containing project segments, wherein the project management 9 system sends a message to the workflow system form route manager to initiate the 10 workflow on the route comprising setting an indicator of the workflow route in a 11 message and sending the message to the workflow system form route manager. 12 13 12. (Currently amended) A workflow project management system comprising a 14 form route manager containing a route, the route comprising a step-by-step sequence of 15 email addresses, and communicating with a project management system containing 16 project segments wherein the workflow system form route manager determines if the 17 email is at the last step in the route, and if so, deletes the email, and if not, sets the step 18 field in the email to the next step in the route and the email address to the email 19 address of the next step in the route, and sets an indicator to the step of the route and 20 sends a message to update the project management system when the step of the route 21 completes. 22 23 13. (Canceled) 24 25 14. (Canceled) 26 27

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15. (Original) A workflow project management system, wherein the system is connected to a computer network and an email system, wherein the email includes a step field and a document, comprising:

a form route manager, with an email address, connected to the computer network, capable of accessing a route, a sequence of email addresses in the computer network, comprising:

an in-box adapted to receive email;

a first sequencer adapted to as follows:

compare the step field with the route,

define the next email address based on the compare,

update the email address to the next email address,

update the step field to the next step,

an out-box adapted to send email to the next email address, wherein the next mail address includes an in-box adapted to receive email from the form route manager, and an out-box adapted to send email to the form route manager, wherein the form route manager sends a message to a project management system containing project segments, and after comparing the step field to the route, determines if the indicator is set, and if set, sends a message to the project management system.

16. (Original) The workflow project management system of claim 15, wherein the message contains the time when the message was sent.

17. (Original) The workflow project management system of claim 15, wherein the address in the route includes a project segment identifier.

18. (Currently amended) The workflow project management system of claim 15 17, wherein the message contains the project segment identifier.

19. (Original) The workflow project management system of claim 15, wherein the project management system contains project segments and relates a project segment to an email based workflow route.

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20. (Original) The workflow project management system of claim 15, wherein the project management system at the beginning of a project segment sends an email to the form route manager to initiate a workflow route.

21. (Original) The workflow project management system of claim 15, wherein the project management system at the end of a project segment sends an email to the form route manager to initiate a workflow route.

22. (Currently amended) A workflow project management system, comprising: a workflow system, including

a calendar system containing calendar events; and

a form route manager for receiving and sending a message along a route of computer addresses in a computer network, wherein the workflow system communicates with a calendar system containing calendar events the form route manager compares a step field in the message with the route, defines the next computer address based on the compare, updates the computer address to the next computer address in the route, updates the step field to the next step and communicates with the calendar system, wherein the computer address has an indicator defining that a message is to be sent to the calendar system, and the form route manager is adapted to after comparing the step field to the route determine if the indicator is set, and if set, send a message to the calendar system.

23. (Original) The workflow project management system of claim 22, wherein the message is an email.

24. (Original) The workflow project management system of claim 22, wherein the message contains the time when the message was sent.

25. (Original) The workflow project management system of claim 22, wherein the computer address in the route includes a calendar event identifier.

26. (Original) The workflow project management system of claim 22, wherein the message contains the calendar event identifier. 27. (Original) The workflow project management system of claim 22, wherein the message is used to add, modify, or delete a calendar event. 28. (Original) The workflow project management system of claim 22, wherein the calendar system contains calendar events and relates a calendar event with an email-based workflow route. 29. (Original) The workflow project management system of claim 22, wherein the calendar system at the beginning of a specific calendar event sends an email to the form route manager to initiate a workflow route. 30. (Original) The workflow project management system of claim 22, wherein the calendar system at the end of a specific calendar event sends an email to the form route manager to initiate a workflow route.